



Keynotes

AHA Your Life:

Closing the gap between good ideas and purposeful action

The Power of One:

A simple formula for creating positive impact

Workshops & Breakout Sessions

Stuck to Started:

Finding the sweet spot between going with the flow and getting stuff done

Getting Stuff Done:

Mastering your to-do list with mindful productivity

Mindfulness in a Multitasking Workplace:

How to be less distracted and more productive

Burnt:

A daily approach to building stress resilience and avoiding burnout

You Can't Stop the Waves:

A positive approach to managing change

Get Off Your But:

Practical strategies for managing the obstacles that hold you back

The Presence Effect:

Why how you show up determines what happens next





AHA Your Life

Closing the gap between good ideas and purposeful action

Everyone has had a great idea or a sudden insight or clarity. The lightbulb goes on but before long the inspiration wears off. The power of the epiphany gets stuck in the gap without us taking the steps to meaningful action. Through humorous anecdotes and thought-provoking principles, Laurel Vespi demonstrates how we can take advantage of our AHA moments to be more productive and ultimately successful.

Whether it's an unexpected wake-up call or a eureka solution to a problem, you will learn a simple formula for moving from idea to implementation to successful outcome.

At the end of this presentation you'll know:

- what makes an AHA moment so important
- what your brain is doing when you are saying eureka
- why you get stuck in the gap between brilliant awareness and concrete action
- the difference between a spontaneous and a sparked aha moment
- a simple formula for closing the gap and creating success

Available as a 60 or 90 minute keynote

Or as a half day workshop when paired with From Stuck to Started session





The Power of One:

A simple formula for creating positive impact

Everyone wants to feel that they are making a difference; but sometimes we question the impact that one person can have. In her empowering and inspirational keynote address, Laurel Vespi will share a simple formula for creating the kind of positive impact you can have in your family, your workplace, your community and the world.

People will leave this dynamic presentation confident in the impact they are already having and inspired to make an even bigger difference through their thoughts, gestures and actions.

Often the challenges we face, at work or in the community, seem too big for one person to have a meaningful impact. The empowering and positive message of this keynote reminds us that every day we have an opportunity to create change through the way we show up and interact with the people around us. Whether you desire a more meaningful personal existence, to shift your workplace culture, or create global change, this session will provide you with insights and strategies to begin to create positive impact today.

At the end of this presentation you'll know:

- how a shift in your mindset can create possibility
- why small gestures should not be underestimated
- the surprisingly simple way change really occurs.
- how moving from “me to we” fosters collaboration

Available as a 60 or 90 minute keynote

Or as a half day workshop when paired with The Presence Effect session





Stuck to Started:

Finding the sweet spot between going with the flow and getting stuff done

With all the best intentions of getting something done, it's a common experience to put off starting for another day. With endless distractions and fluctuating motivation, taking the first step to achieving a goal or task can be daunting. We procrastinate and then our inner critic takes over and our confidence and motivation declines. It's no fun being stuck in the gap between "I want to" and "I did". In this refreshing and candid session, you will discover why you put things off and some practical strategies for kicking yourself into action.

Whether it's tackling a new work project, decluttering our house or starting the fitness program, good intentions wear off and we wait for another burst of motivation. We have all been there – declaring tomorrow will be the day we finally get going on that thing we have been putting off. What is missing is a simple and practical system for closing the gap between what you want and what you are doing.

In this session we will explore...

- what procrastination is really about (and it's not self-control)
- how to know when putting things off is a good idea
- 3 kinds of gaps that exist between intention and action
- the truth about motivation and 21st century rewards
- practical daily strategies that keep you on track

Available as a 60 or 90 minute session

Or as a half day workshop when paired with the AHA your Life session





Getting Stuff Done:

Mastering your to-do list with mindful productivity

One of the most common complaints is there is just not enough time. In this session you'll discover the secret to time management and a whole new approach to getting things done. You'll learn about the most common time wasters and time boosters as well as a simple strategy for organizing your time more effectively. You will come away with practical tips and tricks for cultivating mindful productivity that you can begin using immediately.

How we use our time determines our outcomes. It's easy to become sidetracked by things that are not really a priority. In our highly distractible workplaces, the average person is interrupted every 3 minutes. No wonder that people feel that the items on their to-do list will never be completed. Mindfulness and productivity have one important thing in common - both are focused on where and how time is spent.

In this session we'll explore...

- why traditional time management approaches don't work
- the most common time wasters and time boosters
- a simple system for organizing your time
- 5 powerful productivity strategies

Available as a 60 or 90 minute session, or as a half day workshop





Mindfulness *in a Multi-tasking Workplace*

How to be less distracted and more productive

Multi-tasking is risky business for organizations that value efficiency, accuracy and employee engagement. Even though we know that multi-tasking is an unproductive use of our time, we still give into the habit of trying to do more than one thing at a time. Workplace expectations have not quite caught up with current research that shows that multitasking simply doesn't work. In this candid and practical session, participants learn simple strategies they can begin using immediately to be more focused and less stressed in the workplace.

The reality of the 21st century workplace is often a high stress environment with multiple priorities and distractions vying for attention. There are too many tasks to juggle and they all seem urgent. People feel like they don't have a moment to breathe as they try to manage an endless to-do list and demands on their time. In order to keep up, the default response is to resort to multi-tasking. The good news is that single focused attention is a trainable resource which can be enhanced by managing distractions and expectations. By learning a simple 3P system, people can be more productive at work and home.

Key concepts in this workshop:

- the cost of busyness and distraction in the 21st century
- why multi-tasking increases inefficiency
- how and why mindfulness strategies work
- simple ways to cultivate mindful productivity

Available as a 60 or 90 minute session, or as a half or full day workshop





Burnt!

A proactive approach to building stress resilience and avoiding burnout

No matter how much you love your work, by the end of a stressful day juggling multiple demands, it's no wonder you go home feeling stretched to the max. In this refreshing and practical session, you will learn some simple and ready-to-use mindfulness strategies that can help you manage stress, regain a sense of calm and purpose while cultivating personal and professional resilience. You will be able to deal more confidently with the daily challenges of a busy environment and bounce back with greater ease when things feel overwhelming.

Stress is an inevitable part of the twenty-first century workplace. In a robust economy, a rapid pace runs everyone off their feet. During hard economic times, in the face of layoffs and tight budgets, people are asked to do more with less. Either way, in good times or bad, we experience stress. Left unchecked stress negatively impacts health, productivity, morale, and engagement. High stress workplaces can also breed employee burnout. The World Health Organization has now officially recognized burnout as an “occupational phenomenon.”

Simple mindfulness practices are the key to being able to recognize personal stress patterns and more effectively handle stress as it arises on a day-to-day basis.

In this session participants will:

- Recognize the hidden impact of environment on stress and burnout
- Explore the keys to creating a resilient mindset
- Define the role of mindful awareness in stress management
- Identify personal stress triggers
- Understand how to monitor and manage self-talk and worry
- Learn simple and practical strategies to feel better able to cope with what is happening in the moment.

NOTE: This session can be tailored to address the specific needs of caregivers or helping professionals particularly dealing with compassion fatigue or a highly demanding environment.

Available as a 60 or 90 minute session, or as a half or full day workshop



Laurel Vespi
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You Can't Stop the Waves:

A positive approach to managing change

Let's face it – people don't like change. Whether it's a management shift at work, natural life transitions or a detour in traffic, change often makes us uncomfortable, irritable or anxious. Even though change is a natural state, we do our best to resist it.

In this thought-provoking session, participants will learn a positive approach for managing change including how their brains respond to stress, some simple and practical strategies for responding to challenging situations, and how to monitor and manage self-talk and worry.

In organizations, change is a part of everyday work life. As many as 40% of workers describe "managing change" as one of the top 3 workplace challenges. Mindset plays a critical role in the ease with which people will manage transitions. Developing a flexible toolkit of strategies can help individuals and teams adapt better to change as well as reduce stress and increase their sense of personal control.

In this session participants will:

- Explore 4 key ideas about change
- Discover the relationship between change and stress
- Learn 6 powerful strategies for managing change

Available as a 60 or 90 minute session, or as a half day workshop





Get Off Your “But”:

Practical strategies for managing the obstacles that hold you back

People who achieve their goals consciously plan for success. Managing obstacles is a natural part of that process. No matter what goal you are working toward, you will encounter at least one obstacle. Somewhere along the way, something will happen that will slow you down or stop you in your tracks.

In this empowering session we will demystify obstacles so you can more confidently get out of your own way. You’ll learn how to kick yourself in the “but” and achieve the outcomes you desire.

When it comes to goals, having a plan is great but having a plan B is more important. That’s because without a strategy for managing them, obstacles can easily become excuses for not realizing your goals.

Perhaps you have heard yourself say:

I want to but...

I would stick with it but...

I used to be motivated but...

Obstacles don’t have to be the end of your goals. With a fresh perspective and a few powerful and practical strategies, you can master the roadblocks in your path.

In this session participants will:

- Discover a key question and an important and necessary shift in thinking
- Recognize 3 types of obstacles and the power of the pay-off
- Learn a no fail empowerment tool
- Practice 2 simple strategies for overcoming obstacles

Available as a 60 or 90 minute session, or as a half day workshop





The Presence Effect:

Why how you show up determines what happens next

In interactions with others, presence is the go/no go factor that determines whether people say “Yes!” or “No way”. Presence is the ability to be fully conscious and aware in the moment, creating a flexible, spontaneous and trusting relationship with co-workers resulting in greater productivity and team engagement. In this eye-opening session, you will explore the impact of how you show up on daily basis and why authentic presence is an optimal strategy for engaging people, creating better connections and improving performance.

In today’s high stress workplaces, it can be challenging to stay focused on what’s important and not become distracted by the myriad demands of the day. Research suggests that there is a direct correlation between a leader’s presence and team well being and performance. Presence also influences customer experience and satisfaction. By cultivating mindful presence, we can heighten our awareness of our impact on others, enhance our listening skills, more effectively manage our emotions and boost our emotional intelligence.

In this session participants will learn:

- the relationship between emotional intelligence and personal presence
- what it means to have deeply authentic presence
- how to manage negative thoughts and feelings
- ways to decrease reactivity in stressful situations
- how to use focused attention to create awareness, clarity and calm
- 5 competencies of emotional intelligence
- 3 simple strategies for cultivating personal presence

NOTE: This session is well suited for individuals, teams, managers or leaders. It is also relevant for front line staff or people working in customer service or directly with clients.

Available as a 60 or 90 minute session, or as a half or full day workshop





Laurel Vespi

*Motivational Speaker, Award-Winning Author,
Certified Life Coach*

Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books **Spontaneous Combustion: Setting Your Life on Fire** and **To Be Awake**. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit laurelvespi.com



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